

A Comparative Study on Dark Triad Personality and Coping Styles Adopted During the Pandemic by Males and Females

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ABSTRACT

The present study aims to examine the role of dark triad traits and coping styles adopted by males and females during a pandemic. 110 subjects participated through online mode. They completed two questionnaires: Brief COPE by Carver and Short Dark Triad Scale by Jonas and Paulhaus. Statistical analysis used was one way of analysis (ANOVA) and independent t-test sampling. The result revealed that psychopathy traits were associated with avoidance coping, while there was no difference found in the association between dark triad traits and approach coping. Even within the male population, there was no clear difference found in the usage of approach and avoidance coping. Whereas in the female solution, there was a difference. Females tend to use more avoidance-oriented coping. There was a gender difference in machiavellianism sub scale, but not within other two sub scales. Gender difference was also significant with approach-oriented coping.

Keywords: *Dark Triad Personality, Coping Styles, Pandemic*

PERSONALITY

Everyone is different. We all have our own identity. We have different names, different hobbies, occupations and belong to different groups. But these only help us to identify who we are. But our true personality is made of much more than this. It is not based on our community or hobbies, it is based on our temperament, our beliefs, our experiences, and our genes.

Every psychologist has given a different definition of personality. For some it our genetics that shape the personality, while for others it our childhood or our experiences. But on one thing that is common in all the definitions is that personality makes us unique and has the ability to influence everything in our life. Personality is not only unique but also consistent. It will remain same across different situations and time period. Unlike our identity, which can change with time, for example: from a dancer to a teacher; our personality remains fairly same throughout our life.

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Nature of Personality

- It is **systematic** and **stable**
- It's features might **change with internal or external demands**
- It is **predictable**

Approaches to study Personality

- **Psychodynamic Approach:** developed by Sigmund Freud, propose that personality is formed due to the interaction of various parts of our unconscious mind (id, ego, and superego), and it develops in stages (psychosexual stages).
- **Neo- Freudin Approach:** expanded on Freud's views, they mentioned the influence of culture and environment in the development of the personality.
- **Behavioural Approach:** personality develops based on our responses towards the stimuli (external or internal)
- **Social Approach:** personality according to this approach develops on the basis of our understanding of the world around us.
- **Humanistic Approach:** it is our free will and potential to self actualise that influences our personality.
- **Biological Approach:** the role of our genes and the brain shape our personality.

Theories of Personality

1. Trait Theory

Our personality is made up of different characteristics, which are unique, stable and consistent. We all have different traits as an individual, but some traits can be common like shyness, or partying. We might share some traits with the people of our community or religion. But as an individual we all have our own personality, which is formed with the unique mixture of our traits.

2. Type Theory

Type theory classifies people into categories based on their traits or characteristics. Like extroversion and introversion. They classify people on the basis of their temperament and physique.

Dark Triad

There are some traits in all of us that can make it difficult for the other person to deal with us. But with careful management, we can work on it and neutralise its effect.

But there are some people, who have toxic personality, these people have damaging traits which can affect everyone around them. Psychologist have identified 3 such traits: Neuroticism, Machiavellianism and Psychopathy. Together they form the Dark Triad Personality.

- **Narcissim:** we all call someone who always talks about themselves, who is insensitive and egoistic, a narcissistic. The word Narcissism originates from the name of a greek character - Narcissus. He was a hunter who saw his own reflection in the water and fell in love with himself. People who are narcissistic are boastful, apathetic, sensitive to criticism, arrogant and selfish.
- **Machiavellianism:** someone who is manipulative, deceitful, lacks morality and only thinks of their interest. The word originated from the name of a renowned Italian politician from 16th century, Niccolo Machiavelli. He earned his bad reputation after

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his book “The Prince” (1513) was considered to be advocating the art of diplomacy that is deceit and cunning.

- **Psychopathology:** it is associated with traits of apathy, antisocial behaviour, volatile and manipulative. There is a difference between psychopathy and psychopathic traits, the latter is associated with criminal violence.

Origin

- **Biological/Genetic:** all the traits are heritable in nature. While Narcissism and Psychopathy are highly heritable, Machiavellianism is influenced less by genetic as compared to the other two components.
- **Environmental:** the influence of environment might not be as strong as genetic factor, but it plays an important role in individual differences. Though environmental factor plays an important role for all the traits, for Machiavellianism has the strongest connection. As it has low genetic influence, ‘other’ factor does play a role, by other factor we can include the environment in it.

The Light Triad

Developed by Scott Barry Kaufman, David Yden, Elizabeth Hyde, and Eli Tsukayama (2019). They found three traits which counter the Dark Triad Personality.

They developed a scale with three subscales:

1. **Faith in Humanity:** believing that all humans are good.
2. **Humanism:** believing that all deserve appreciation and respect.
3. **Kantianism:** being selfless and altruistic

Common characteristics of people who score high on this scale are:

- Curiosity
- Attachment with others
- High tolerance
- Low need of power
- High humility
- Agreeableness
- High life satisfaction

Stress

Stress is a physiological and psychological change in the body due to a stimulus that demands an action or a reaction. Stress is common and everyone experiences it. It can be caused by an internal or an external stimuli, these stimulus are called **Stressors**. These stresses demands a respond, which is called **Strain**. Stress can be divided into two parts. **Eustress**, it the positive part of the stress which motivated us to focus the energy on a task. **Distress**, the negative part of the stress makes us uncomfortable and lead to anxiety which in turns reduces our performance.

Symptoms of Stress

- **Psychological symptoms:** worrying, increased heart rate, blood pressure and physical activity. Though anxiety helps us to pay attention to a task when experienced for a short duration, after a while it can lead to physiological distress which can lead to serious health conditions.

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- **Emotional symptoms:** mood swings, erratic behaviour, alienation from people, low confidence and tension.
- **Cognitive symptoms:** mental overload which makes us lose the ability to make decisions, arguments with people, failure at work, low concentration and weak short term memory capacity.
- **Behavioural symptoms:** low intake of nutritious food and increased intake of junk food and stimulants like alcohol, drugs or cigarettes; disturbed sleep, and weak performance.

Causes of Stress

- **Physical causes:** injury, lack of sleep, exertion and lack of intake of nutritious food.
- **Environmental cause:** unavoidable stimulus like pollution, noise, temperature, etc; and catastrophic stimulus like tsunami, earthquake or fire.
- **Psychological causes:** frustration (when someone block our needs or motives), conflicts (incompatible needs), internal pressure (expectations we place on ourselves), and social pressure (demands of people on us).
- **Social causes:** due to external reasons like interaction with someone, social events like death, illness, relationship problems, hassles with people, etc.

Impact of Stress

There is a clear connection between our mind and body when it comes to stress. When we experience a physical illness or injury, it can impact our mental health. And when we experience mental distress like relationship or financial crisis, it can take a toll on our physical health as well like high blood pressure.

When stress is experienced for a longer duration it can deplete our resources like stamina, money, memory and attention capacity, support, etc. chronic stress can lead to serious health issues, which can lead to burn out. Burn out is a serious condition caused due to psychological or physical exhaustion.

Coping

When we experience stress, we tend to resolve it with an approach. This approach is dynamic and situation specific. Coping is a mechanism adopted when are stressed and try to resolve it with by reducing the stress.

Types of Coping Styles

- **Task oriented coping:** it involved gathering information about the problem and planning alternate ways to solve it by prioritising and dealing with issues directly.
- **Emotion based coping:** when we try to vent our feelings by maintaining hope and controlling our emotions.
- **Avoidance oriented coping:** when we ignore the task at hand by turning our eyes away from its seriousness. We start to think that there is nothing that we can do to solve it.

According to Lazarus and Folkman, there are two ways to cope with a situation. We use cognitive appraisal to reduce our stress. The two techniques are **problem focused** and **emotional focused**. In problem focused we deal with the problem by developing a strategy

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and altering our beliefs. In emotion focused we make psychological changes to control emotional disruptions.

There are two goals of these coping styles - **appraisal** and **avoidance coping**. In appraisal coping we first assess our resources and check if we can deal with the stressor or not. After that we make a plan to solve it. In avoidance coping we ignore the problem by distancing ourselves from it.

Unhealthy Coping

Unhealthy coping comes under avoidance coping. When we try to avoid a situation, we tend to indulge ourselves in activities that can be harmful to us. Unhealthy coping affects our self-confidence the most.

Some of the unhealthy methods are:

- acting out
- Avoidance
- Displacement
- Denial
- Passive aggression
- Dissociation
- Repression
- Self-harm

Some ways to it are: consuming alcohol, caffeine, smoking, excessive spending of money or eating.

Positive Coping

When we try to change the situation instead of directly attacking the problem, then it is called positive coping. Positive coping involves solving a problem by changing our perspective or situation. For positive coping we need the ability to accept our mistakes and maturity to handle the situation.

Ways to positive coping:

- Fixing the problem immediately
- Understanding the root cause of the problem
- Looking at the positive side or being optimistic

Coping mechanisms adopted are:

- Altruism
- Compensation
- Identification
- Crying
- Substitution

Pandemic

When a disease spread across different countries and continents then it is known as a pandemic.

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Pandemic is different from outbreak and epidemic. Outbreak means when diseases spreads in large number and stays in one area. It can last for days or years. An epidemic occurs when a disease affects people faster than anticipated by the experts.

Coronavirus

The experts have declared the coronavirus disease (covid-19) as a pandemic. People who experience this disease have symptoms of respiratory illnesses. People who are above 60 years or have other underlying problems like diabetes or cardiovascular disease, develop a more serious condition.

Ways to prevent or slow the transmission process:

- be well informed
- Washing hands frequently
- Using a sanitizer in case of no soap or water
- Avoid touching your face
- Maintain 6 ft distance between yourself and other people
- Wearing a mask when stepping out
- When coughing or sneezing, use the flexed elbow technique

REVIEW OF LITERATURE

Durosini et al. (2021) studied the dark triad personality and its relationship with COVID 19 quarantine protocols. 465 participants were selected for the study who filled an online questionnaire related to behaviour and experience for the first few weeks and on antisocial personality. Results indicated that psychopathy and machiavellianism negatively associate with practice of healthy behaviour and positively correlate with the thought to live the life as if nothing happened.

Jordan et al. (2021) conducted a study on dark triad and responses (affective, cognitive and behavioural) on covid 19 pandemic. The study was conducted to understand if pandemic can be darker for some people. There were 412 participants who completed questionnaires related to dark triad and perception of covid 19 pandemic. The result indicated that machiavellianism and narcissism have negative affect and perception of threat during covid 19 pandemic, while psychopathy have positive affect.

Zirenko et al. (2021) conducted a cross cultural study on personality regulation and physical distancing. For the study 1077 people participated from Azerbaijan, China and Russian; who completed a survey after reporting about whether they wear a mask or not, trust the media, if they abide law, etc. The result indicated people wear mask out of rationality and empathy, while risk readiness and psychopathy were negative predictors. The result also indicted that self care trend differed according to the country.

Babore et al. (2020) studied psychological effects and its relation to covid 19 pandemic. For the study 595 subjects were selected who completed the perceived stress scale and coping strategy scale - COPE NVI 25. The result indicated that covid pandemic was negatively associated with females, social support and avoidance strategies. Maintaining a positive attitude towards the stress stimulus can be a protective factor.

Birkás et al. (2020) researched on perceived stress, life history and dark triad personality. 432 subjects participated in the study who completed short form on Arizona life history battery,

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perceived stress scale, SD3 scale and Mini K. It was found that dark triad had a significant relation with stress and low coping ability.

Blagoy (2020) researched on dark personality and adaptive behaviour during pandemic (COVID-19). For the survey 502 subjects participated through an online survey. People with normal range personality type associated with hygiene and social distancing and followed the appeal of the health message. People with dark triad associated low with the health behaviours and indulged in behaviour harmful for others. Dark traits also associated less with the appealing health message.

Carvalho et al. (2020) researched on individual differences during Covid 19 pandemic restrictions in relation to psychopathy, empathy, sex, and empathy. The result indicated that people with psychopathy trait and low empathy adhere less with restriction measures. Psychopathy traits are associated with immoral behaviour and empathy is associated with mutual support. It was also found that men tend to show more psychopathic traits than women. Men with psychopathic traits show violent behaviour, while women show behaviour that can be self-harming, manipulative, theft or running away.

Dawson et al. (2020) conducted a research on mental health, coping, psychological flexibility during covid 19 pandemic in UK. 555 sample size was selected for the study. The result indicated that psychological flexibility associated with positive wellbeing and negatively with depression, anxiety and pandemic stress. Avoidant coping was associated with distress and low wellbeing. There was no relation between adherence to guidelines given by government and psychological flexibility.

Fancourt & Fluharty (2020) researched on predictors of coping styles during covid 19 pandemic. The subjects were assessed on 4 coping styles problem focused, avoidant, emotion focused and socially supported coping. The result indicated that financial constraints align with emotional focused, problem focused and avoidant coping. Covid 19 pandemic stress associated with lower socially supported coping.

Jonason et al. (2020) conducted a research on individual differences and role of personality during coronavirus pandemic related to the government restrictions in Poland. For the study 263 individuals participated, to examine the personality trait Big Five Personality and Dark Triad tests were used and for Covid 19 situation individual differences was assessed on the basis of sociality, deception, negativity, mating, intellect, duty, positivity and duty. The result indicated that people who scored low on agreeable and high on dark triad complies less with restriction.

Kúsniarz et al. (2020) conducted a research on anxiety, general health, stress, life satisfaction and coping styles during coronavirus pandemic in University Students from Poland. For the study 914 subjects participated, who completed standard psychological questionnaire, satisfaction with life scale, perceived stress scale and coping inventory for stressful situation scale. The result indicated that most students had high general anxiety disorder and high stress. Students with high general self-related health had high stress, anxiety and used emotion focused coping style.

Meng et al. (2020) studied the relationship between social support, anxiety and coping style during covid 19 pandemic in china. Inventories used in the study were self-rated anxiety

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scale, trait coping style scale and social support rate scale for 453 subjects. It was founded that people who live with family experience low self rated anxiety score. High social support was associated with low anxiety, supported by coping.

Moore et al. (2020) studied the relationship between dark triad, sociosexuality, psychopathy and moral judgement in different genders. For the study triarchic psychopathy measure was used to measure psychopathy and Dark triad traits and the sample was also collected for sociosexuality, moral judgements, inclination for infidelity. Males had a strong relation between D3 and Triarchic psychopathy measure with sexual behaviour; and females had strong relation between D3 and Triarchic psychopathy measure with sociosexual attitudes and infidelity.

Nowak et al. (2020) conducted a study on adaptive and maladaptive behaviour adopted during pandemic (COVID-19), in relation to the dark triad traits, health beliefs and collective narcissism. The sample for the study was 755. It was found that people with dark triad personality engaged in hoarding and less prevention, while collective narcissism associated with more hoarding.

Thomas et al. (2020) conducted a research on mental health and coping style in relation to societal changes during coronavirus pandemic. The study included 1495 subjects who completed an online survey with impact of events scale revised, days 21 and brief cope. The result indicated that females experience high depression, stress and anxiety then males. Better mental health was associated with positive coping styles like positive reframing, humor and acceptance.

Wang et al. (2020) conducted a study on coping style, sleep quality and psychological health in china during covid 19 pandemic. For the study different inventories were used like patient health questionnaire, general anxiety disorder, Athens insomnia scale, and simplified coping style questionnaire. Small size for the study was 1242. Females were at the risk of anxiety, poor sleep quality. Married population face problem with anxiety and financial constraints. Lack of exercise was related with anxiety, depression and poor sleep quality and coping styles. Higher education was also associated with poor sleep quality.

Wong et al. (2020) studied the relationship between coping style as the mediating factor between social media addiction and dark triad personality. In this study 230 subjects participated. They answered SD3 scale, Bergen social networking addiction scale, and brief coping orientation to problems experienced inventory. Social media addiction was related to psychopathy, machiavellianism, emotion focused coping and avoidance-oriented coping. Narcissism and problem focused did not play any role in social media addiction.

Jin et al. (2019) conducted a research on relationship between internet adaption and dark triad among adolescents in China. 1927 students participated in the study who answered the dark triad, Internet adaptation and internet use preference. It was revealed that there is a significant relation between all the variables. Out of all the traits, psychopathy was positively associated with internet adaptation.

Kaufman et al. (2019) conducted a research on dark triad personality versus light triad personality. The sample size was 1518, who completed the Light triad scale and Dark triad scale for the study. Light Triad positively correlated with life satisfaction an outcome that are

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growth oriented, while Dark Triad negatively correlated with them. Dark Triad positively correlated with exploitive, selfish, socially aversive outcomes.

Vaughan et al. (2019) researched relationship between dark triad personality with athletic and non-athletic males and females. In total 1258 participated who completed short dark triad personality inventory. The result indicated that there is more group difference in males than males, and athlete who are expertise experience higher scores.

Gott et al. (2018) studied the relationship between substance use and dark triad personality. Total 207 people participated through an online survey that assessed dark triad personality, substance use preference and substance use. The expectancies like increased confidence, cognitive enhancement and tension reduction were the mediated factors between substance use and dark triad personality.

Clough et al. (2016) researched on relationship between dark triad personality with physical activities and mental toughness in young adults. In this study 341 young adults were selected who completed questionnaires like MT, DT and PA. Female scored lead on dark triad scale, while there was no difference with other two scales.

Gács et al. (2016) studied the relationship between coping style and dark triad personality. 200 people participated in the study which included dark triad inventory, CISS and WCQ self-report scales. Machiavellianism and psychopathy negatively correlated with task focused coping and positively with emotion focused coping. While narcissism was associated with both the factors.

Fink et al. (2014) conducted a study on relationship between dark triad personality and spiritual/religious wellbeing. For the study 312 subjects participated who answered narcissistic personality inventory, multidimensional inventory for RSWB, machiavellianism inventory and inventory of personality questionnaire along with levenson self-report psychopathy scale. It was founded RSWB was negatively associated with negative traits of personality. Narcissism was found to be associated with sub dimensions like connectedness and hope.

Arvan (2013) conducted a study on moral judgements and dark triad personality on 567 subjects. For the study Moral intuition survey and Short D3(dark triad persoanlity) inventory was used. The result indicated that dark triad has a correlation with conservative moral judgement, but not with liberal more judgement.

Jones & Paulhus (2011) studies the relationship between dark triad personality and impulsivity. It was conducted on 142 students and 329 adults using Dickman's measures of dysfunctional and functional impulsivity. The result indicated that machiavellianism has no consistent correlation with impulsivity., while neuroticism and psychopathy stems from risky social engagement and poor self-regulation respectively.

Martin et al. (2011) conducted a research on humor styles and dark triad personality. For the study Humor style scale and Dark triad scale. The result indicated that there is a significant relation between dark triad and humor, maladaptive and adaptive behaviour.

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Besharat et al. (2010) researched the relationship between coping styles and emotional intelligence during stress. For the study 413 subjects were selected who completed emotional intelligence scale and Tehran coping styles scale. It was founded that emotional intelligence was associated with problem focused coping and emotion focused coping style, and less associated with negative emotional coping style.

Bonz et al. (2007) researched on coping styles and college adjustment in freshman students. The research included 161 freshmen. The results indicated that personal and academic adjustment is related to coping styles. Academic adjustment and personal/emotional adjustment were associated with active coping styles.

Egan & Jakobwitz (2006) conducted a study on normal personality trait and dark triad on 82 people. For the study they hypothesised that primary psychopathy would negatively correlate with agreeableness and conscientiousness, and secondary psychopathy would correlate with neuroticism. The result indicated that primary psychopaths correlated negatively with agreeableness and conscientiousness and secondary correlated positively with neuroticism.

Kantor et al. (2006) studied the relationship depression, anxiety and coping. For the study multidimensional coping inventory was used along with other techniques to measure depression and anxiety. It was found that females used more emotion focused coping styles and avoidance coping than males. Both the genders with depression used more emotion focused coping styles.

Fagot & Hamilton (2005) studied the relationship between chronic stress and coping styles in males and females. 51 females and 39 males undergraduates were selected for the study for 8 weeks who completed the telephonic survey using chronic stressor inventory. The result indicated no major difference between the gender.

Matud (2004) conducted a research on relationship between stress and coping styles in males and females. For the study 2816 people participated. Result indicated that women experience chronic stress and daily stress more than males. Women also reported more negative and less controllable life events. For men stress was related to relationship, work and finance related events. Women also scored more than men in using emotional coping styles, avoidance styles and experience more somatic and psychological distress.

Frisch et al. (2000) conducted a study on depression and coping style adopted by males and females of gamblers anonymous members and controls. Tests used for the study are south oaks gambling scale, beck depression inventory and problem focused styles of coping inventory. Results indicated members had high depression and maladaptive coping styles. Females participants indicated high depression and more maladaptive behaviour than males.

Rationale

Based on the researches conducted it had been found that there is a relationship between maladaptive coping styles and dark triad personality. People with dark triad traits show a significant reaction with low coping ability (Birkas et al.), they take less preventive measure and indulge in behaviours like hoarding, using humor as coping style, selfish, exploitative and socially aversive behaviour (Kaufman et al.). Specially people with traits of Psychopathy and Machiavellianism use emotion focused coping and avoidance oriented coping styles. There was also a clear relationship between gender and dark triad personalities. Men show

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more dark triad traits than women. In men they appear as violent behaviour, and in women it appears as self-harm, theft, manipulation and running away (Carvalho et al.). when it comes to coping styles in genders, females use more emotional focused and avoidance-oriented coping (Kantor et al.). there was a relationship between pandemic and behaviour exhibited by people of dark triad personality. They indulge in unhealthy and harmful behaviour and even show disregard to health messages and restrictions (Blagoy et al.), specially psychopathic traits take less self care measure. During pandemic people use emotional focused, problem focused and avoidance-oriented coping for financial constraints, and people who adhere to measures and wear masks have shown high empathy.

METHODOLOGY

Aim

To study the relationship between dark personality types and copying styles adopted during pandemic among males and females.

Objective

- A. To explore the difference between different types of dark personality and different coping style.
- B. To explore the difference between males with different dark personality types and different coping styles.
- C. To explore the difference between females with dark personality types and different coping styles.
- D. To find difference between different dark personality types in males and females
- E. To find difference between different coping styles in males and females.

Hypothesis

- A. There will be a Significant Difference Between Different Types of Dark Personality and Different Coping Style.
- B. There will be a Significant Difference Between Males with Different Dark Personality Types and Different Coping Styles.
- C. There will be a Significant Difference Between Females with Dark Personality Types and Different Coping Styles.
- D. There will be a Significant Difference Between Different Dark Personality Types in Males and Females.
- E. There will be a Significant Difference Between Different Coping Styles in Males and Females.

Sampling and Sample size

- Sample size: 110
- Males: 53
- Females: 57

Research Variable

- Dependent Variable: Dark Triad (Machiavellianism, Narcissism, Psychopathy), Coping styles (Approach coping and Avoidance coping)
- Independent Variable: Males and Females

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Research Design

Hypothesis testing research study (experimental study)

Tools

For the study 2 types of scales were used: Short Dark Triad Scale (SD3) and Brief Cope Scale.

Short Dark Triad Scale (SD3): The test was developed by Jonas and Paulhaus (2011). The scale included 3 sub scales with 9 items each, in total the scale includes 27 items. The 3 subscales are: Machiavelliansim, Narcissism and Psychopathy. The responses were rated through 5 point liker scale:

- Strongly disagree - 1
- Disagree - 2
- Neither agree or disagree - 3
- Agree - 4
- Strongly agree - 5

There are some items with reverse scoring - item 12, item 16, item 18, item 21, and item 26.

Reliability of the scale:

- Internal Consistency: .70 to .80 (Cronbach alpha)
- Test Retest : .77 to .84

Validity of the scale:

- Convergent/Concurrent Validity; .22 to .55
- Divergent/Discriminant, Construct/Factor Analytic, and Criterion/Predictive was also assessed.

Brief COPE

The scale was initially developed by Carver in 1997. The measure includes 28 items related how people cope with stressful events. The scale is used in hospital setting to assess different health conditions like heart failure, cancer, injuries, natural disaster, assault, and financial stress. There are two types of coping styles are measures: Avoidant coping and Approach coping.

Factors under avoidant coping :

- self-distraction
- Denial
- Substance use
- Behavioural disengagement
- Venting
- Self-blame

Factors under **approach coping:**

- active coping
- Emotional support
- Use of information support
- Positive reframing

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- Planning
- Acceptance

Validity of the scale: the validity was assessed on 168 subjects, after which it was found that there is adequate factor structure.

Procedure

110 subjects participated in the research through google form (online). The scales included were Short dark triad scale by Jonas and Paulhaus, and Brief COPE scale by Carver, which included 27 and 28 items respectively.

Initially, the subjects were asked to filled the demographic details and the consent form. After that according to the instructions mentioned in the questionnaire, subjects completed the scales.

Overall, it takes 10-15 to complete both the scales. Once the data was collected it was assessed on the basis of scoring mentioned in their respective manuals.

Method of Data Analysis

Data analysis for this research consists of quantise data using IBM SPSS 20.0 (statistical package for social sciences). For the purpose of validation of hypothesis statistical techniques like ANOVA and independent sample t-test were used.

ANALYSIS OF RESULT

This chapter consists of data collected through collection instruments mentioned in chapter 3. In this chapter, objectives and hypothesis for the study are discussed.

Objects of the study are:

- A. To explore the difference between different types of dark personality and their coping style.
- B. To explore the difference between males with different dark personality types and their coping styles.
- C. To explore the difference between females with different dark personality types and their coping styles.
- D. To find difference between different dark personality types in males and females
- E. To find difference between different coping styles in males and females.

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Descriptive statistics for dejecting mean and standard deviation for dark triad personality (machiavallianism, narcissism and psychopathy) and coping styles (approach coping styles and avoidance coping style).

Table 01

Gender		N	Minimum	Maximum	Mean	Standard Deviation
Females	AP_C	57	22	48	34.000	5.61885
	AV_C	57	15	34	24.5263	4.96454
	M_DT	57	13	38	24.9474	5.78613
	N_DT	57	18	34	27.3684	3.53872
Males	P_DT	57	13	32	23.3860	4.36199
	AP_C	53	14	45	30.3962	6.57600
	AV_C	53	15	34	23.7358	4.80445
	M_DT	53	15	38	27.000	5.38159
	N_DT	53	18	32	26.5849	3.39363
	P_DT	53	12	34	23.3585	5.38193

Table 02. Dark Triad and Approach Coping Style

		Sum of Square	df	Mean Square	f	Sig.
M_DT	Between group	1102.534	26	42.405	1.470	0.097
	Within group	239.021	83	28.844		
	Total	3496.555	109			
N_DT	Between group	393.676	26	15.141	1.361	0.148
	Within group	923.314	83	11.124		
	Total	1316.991	109			
P_DT	Between group	788.037	26	30.309	1.410	0.122
	Within group	1783.681	83	21.490		
	Total	2571.718	109			

To explore the difference between different types of dark personality and their coping style.

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Descriptive statistics for depicting mean of coping styles of subjects with different dark triad personality.

ANOVA, One way analysis was used to show differences in coping styles in subjects with different dark triad personality (machiaviallism, narcissism, psychopath).

To explore the difference between males with different dark personality types and their coping styles.

Table 03. Dark Triad and Avoidance Coping Style

		Sum of Square	df	Mean Square	f	Sig.
M_DT	Between group	282.557	18	15.698	0.444	0.973
	Within group	3213.998	91	35.319		
	Total	3496.555	109			
N_DT	Between group	272.366	18	15.131	1.318	0.196
	Within group	1044.625	91	11.479		
	Total	1316.991	109			
P_DT	Between group	687.151	18	38.175	1.843	0.031
	Within group	1884.568	91	20.710		
	Total	2571.718	109			

Table 04. Dark Triad and Avoidance Coping Style

		Sum of Square	df	Mean Square	f	Sig.
M_DT	Between group	653.378	17	88.442	1.578	0.124
	Within group	852.482	35	24.357		
	Total	1506.000	52			
N_DT	Between group	197.011	17	11.589	1.009	0.472
	Within group	901.857	35	11.482		
	Total	598.857	52			
P_DT	Between group	415.361	17	24.433	0.784	0.698
	Within group	1090.327	35	31.166		
	Total	1506189	52			

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Table 05. Dark Triad and Approach Coping Style-1

		Sum of Square	df	Mean Square	f	Sig.
M_DT	Between group	762.300	22	34.650	1.398	0.195
	Within group	743.700	30	24.790		
	Total	1506.000	52			
N_DT	Between group	274.418	22	12.474	1.153	0.353
	Within group	324.450	30	10.815		
	Total	598.868	52			
P_DT	Between group	524.589	22	23.845	0.729	0.777
	Within group	981.600	30	32.720		
	Total	1506.189	52			

A one way analysis (ANOVA) was used to compare coping styles in subjects with different dark triad personality.

There was no significant difference found in males with dark triad personality in any of the coping styles (approach and avoidance coping) at $p < 0.05$.

To explore the difference between females with dark personality types and their coping styles.

Table 06. Dark Triad and Approach Coping Style

		Sum of Square	df	Mean Square	f	Sig.
M_DT	Between group	463.612	17	27.271	0.754	0.730
	Within group	1411.231	39	36.185		
	Total	1874.842	56			
N_DT	Between group	277.799	17	16.341	1.505	0.149
	Within group	423.464	39	10.858		
	Total	701.263	56			
P_DT	Between group	426.426	17	25.086	1.531	0.134
	Within group	639.047	39	16.386		
	Total	1065.578	56			

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Table 07. Dark Triad and Avoidance Coping Style

		Sum of Square	df	Mean Square	f	Sig.
M_DT	Between group	314.682	19	42.878	1.496	0.144
	Within group	1060.160	37	28.653		
	Total	1874.842	56			
N_DT	Between group	377.819	19	19.888	2.276	0.016
	Within group	323.384	37	8.740		
	Total	701.263	56			
P_DT	Between group	525.003	19	27.632	1.892	0.048
	Within group	540.506	37	14.608		
	Total	1065.509	56			

A one-way analysis (ANOVA) was used to compare coping styles in subjects with different dark triad personality.

There was no significant difference found in females with dark triad personality with approach coping style at $p < 0.05$.

There was significant difference found in females with different dark triad personality with avoidance coping style at $p < 0.05$.

To find difference between different dark personality types in males and females

Table 08. Dark Triad

		Sum of Square	df	Mean Square	f	Sig.
M_DT	Between group	115.712	1	115.712	3.696	0.057
	Within group	3380.842	108	31.304		
	Total	3496.555	109			
N_DT	Between group	16.860	1	16.860	1.401	0.239
	Within group	1300.131	108	12.038		
	Total	1316.991	109			
P_DT	Between group	0.021	1	0.021	0.001	0.977
	Within group	2571.697	108	23.812		
	Total	2571.718	109			

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A one way analysis (ANOVA) was used to compare coping styles in subjects with different dark triad personality.

The most significant difference in genders was found only in machavallism at $p < 0.05$.

To find difference between different coping styles in males and females.

Table 09. Group Statistics

	Gender	N	Mean	Standard deviation	Standard error mean
AP_C	Females	57	34.0000	5.61885	0.74423
	Males	53	30.3962	6.57600	0.90328
AV_C	Females	57	24.5263	4.96454	0.65757
	Males	53	23.7358	4.80445	0.65994

Table 10. Independent sample test

		F	Sig.	t	df	sig- tailed	2	Mean difference	Standard error difference
AP_C	Equal variance assumed	1.191	0.278	3.097	108	0.002		3.60377	1.16370
	Equal variance not assumed	3380.842		3.097	102.641	0.003		3.60377	1.17039
AV_C	Equal variance assumed	0.72	0.789	0.847	108	0.399		0.79047	0.93274
	Equal variance not assumed			0.848	107.822	0.398		0.79047	0.93162

An independent sample t test was conducted to compare the coping styled of subjects. It was found there is no significant difference in genders in approach coping style, but there was a significant difference in genders in avoidance coping styles, at $p < 0.05$.

DISCUSSION

Our personality is made up of stable and unique characteristics. Our identity might change, or our reactions may differ according to the situation and its demand; but our personality remains the same. One such personality type is dark triad. Dark triad personality included 3 traits: machiavellianism, narcissism, and psychopathy.

Another variable in this study is coping styles. Coping styles are used to deal with stress and find a solution for the problem. There are different types of coping styles like task-oriented

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coping, problem focused coping, emotion focused coping, avoidance coping, approach coping, etc.

In this study, total 110 people participated, all above the 18 years. The statistical technique used for this study are one way of analysis (ANOVA), and independent t-test.

Hypothesis 01: There will be a significant difference between different types of dark personality and different coping style.

Table 01, 02, and 03 depict different coping styles adopted by people with different dark triad traits. According to the result, there was no significant difference in different dark triad traits with avoidance coping, but there was a significant difference with approach coping. People who use avoidance coping style use techniques like denial, substance use, venting, self blame and behaviour disengagement. Thus on the basis of the result, hypothesis “There will be a significant difference between different types of dark personality and different coping style” is accepted.

Hypothesis 02: There will be a significant difference between males with different dark personality types and different coping styles.

Table 04 and 05 depicts different coping strategies adopted by males with different dark triad traits. According to the result, there was no significant in males with different dark trait traits using different coping styles (approach and avoidance coping) at level 0.05. based on these finding, hypothesis “There will be a significant difference between males with different dark personality types and different coping styles” is not accepted.

Hypothesis 03: There will be a significant difference between females with dark personality types and different coping styles.

Table 06 and 07 depict different coping styles adopted by females with different dark triad traits. According to the result, it was found that there is no significant difference in females with different dark triad traits using approach coping styles. But with avoidance oriented coping styles, there was a significant difference. It was found that females with narcissistic and psychopathic traits use more avoidance coping styles. Therefore, the hypothesis “There will be a significant difference between females with dark personality types and different coping styles” is accepted.

Hypothesis 04: To find difference between different dark personality types in males and females

Table 08 depicts gender difference among people with different dark triad traits. According to the result, there is a significant difference between genders with different dark triad traits. It was found that gender difference is most prevalence machiavellianism trait; females (M= 24.9474) and Males (M= 27.000). People with machiavellianism traits are deceitful, manipulative, not easily persuaded and exploitive. The hypothesis “To find difference between different dark personality types in males and females” is accepted.

Hypothesis 05: There will be a significant difference between different coping styles in males and females.

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Table 09 and 10 depicts gender differences in different coping styles (approach and avoidance coping). According to the result, there was a significant difference in gender with different coping styles. It was found that approach coping is significant in males ($M=30.3962$) and females ($M=34.000$), while difference in avoidance coping is not significant at level 0.05. thus, the hypothesis, “There will be a significant difference between different coping styles in males and females” is accepted.

CONCLUSION

The aim of this study is “A comparative study of Dark Triad Personality and Coping Styles adopted during a pandemic by males and females.”

When we describe someone’s personality, we usually describe how they carry themselves or how they react to a situation. Many psychologist have explained personality according to their understanding. If we take into account all the factors mentioned by them, then we can say that it is our childhood, genes, learnings and experiences that shape our personality. Based on this we can say that everyone has a unique personality made up of characteristics which are stable and consistent. It can also influence our life experiences as well.

There are different types of personality types, one such type is Dark Triad Personality. It is made up of 3 traits, which are associated with damages personality traits. The traits are Machiavellianism (exploitive, deceitful and manipulative), Narcissism (selfish, arrogant and lacks empathy), and Psychopathy (socially aversive behaviour, apathetic, volatile).

This also means different personality deals with stress differently. Stress is a physiological, emotional and psychological reaction to a stimulus. Stress can be positive and negative both. When we are motivated to deal with a situation, then it is the positive affect of stress called Eustress. And when we are unable to deal with the situation because of it demands and depleting bodily resources then is the negative affect of stress called Distress.

How we deal with a stressor (stimulus causing stress), is known as Coping. Coping is used to manage or reduce stress. There are different ways to do that: Task oriented coping (gather the information and tackle the problem), Emotion oriented coping (venting and maintaining hope), and Avoidance oriented coping (ignoring the situation).

The goal is to either fight the situation (approach coping), or flight (avoidance coping).

In 2019, coronavirus infection started to spread across different continents declaring a state of pandemic. In this virus, people experience various respiratory illnesses.

There are many researches that are conducted to understand the relationship and effect of dark triad personality and coping styles adopted during pandemic. It was found that people with dark triad personality adopt harmful and unhealthy behaviour and do not adhere to health messages. Specially personality traits like psychopathy and machiavellianism was associated with unhealthy behaviour and low self care measures. This can also be seen in the coping ways used by them. Dark triad personality was associated with maladaptive behaviour, low coping ability, hoarding, emotion focused coping and avoidance oriented doing. Avoidance coping during a pandemic is related to low wellbeing and distress. There was gender difference as well. Men tend to show more dark triad traits, while females use more emotion focused and avoidance oriented coping style.

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For this research, 110 subjects participated (online mode). They completed 2 questionnaires : Brief COPE by Carver and Short Dark Triad by Jonas and Paulhaus. The result was calculated using statistical techniques like ANOVA and Independent t-test.

The result was as following:

1. There was no difference in number of people with different dark triad traits using approach coping. But there was a difference found in people using avoidance coping. People with psychopathy traits use more avoidance coping.
2. Within the male subjects, there was no difference in males with different dark triad traits using different coping styles (approach and avoidance).
3. There was no difference found in number of females with different dark triad traits using approach coping, but females with psychopathy and narcissistic traits use more avoidance coping.
4. Number of females and males with different dark triad traits varied only within machiavellianism sub scale, ie females : M= 24.9272 and males : M= 27.000. There was no difference with the other two traits.
5. Similarly, there was no difference in number of males and females using avoidance coping styles, but number differed in approach coping style, i.e females : M= 30.3962, and males : M= 34.000.

Limitations of Study

1. Sample size is small
2. Reliability is low
3. Validity not calculated
4. Cultural bias

Implications of the Study

1. During a pandemic, the government has to design various rules and regulations. It is important to keep in mind that there are people who will put others in danger and knowing such personality will help them design rules which will work such people.
2. Similarly, when we are hiring someone or get into a relationship with someone with dark triad traits, we can learn how they react or manage a situation. This will help us deal with them.
3. It is beneficial for people with dark triads too, they can seek help from a psychologist for their behaviour. They will also learn how to swap their negative/unhealthy coping style with positive/healthy coping styles.

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Conflict of Interest

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